

Collection of Evidence-Based Treatments for Children and Adolescents with Mental Health Needs, 4th Edition

Michael A. Southam-Gerow, Ph.D.
Associate Professor of Psychology and Pediatrics,
Co-director Anxiety Clinic
Virginia Commonwealth University

Scope of the Problem

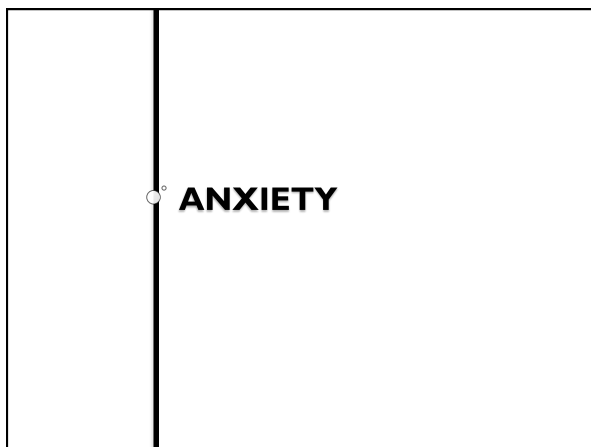
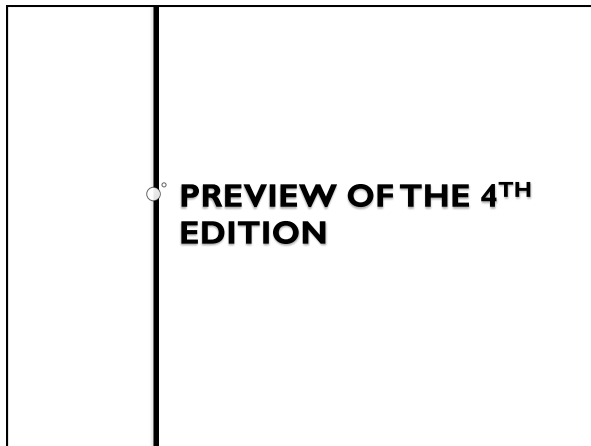
- Children's mental health problems are common
 - About 20% of youth affected (Olin & Hoagwood, 2002; USPHS, 2000)
- Data supports particular treatments for specific problems—the “evidence-based treatments” (EBTs)
 - EBTs not often used in public MH clinics (Weiss et al., 2000; Weisz et al., 1992)

Bridging the Science-Practice Gap

- How do we disseminate these EBTs?
- One of Virginia's responses: The Collection
- 4th Edition is underway

Agenda

- Describe the 4th Edition
- Discuss new directions in the field
 - How might these suggest future directions for the Collection?
- Q&A with Commission



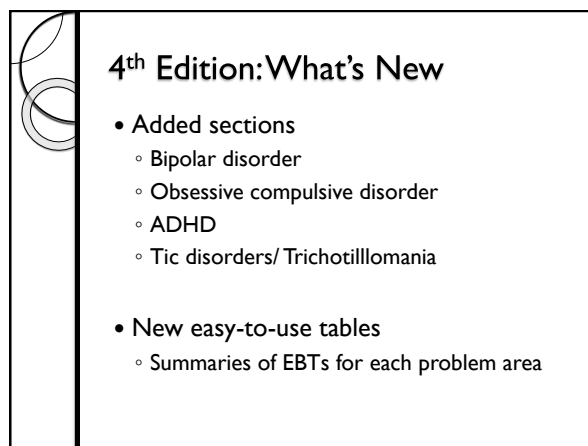
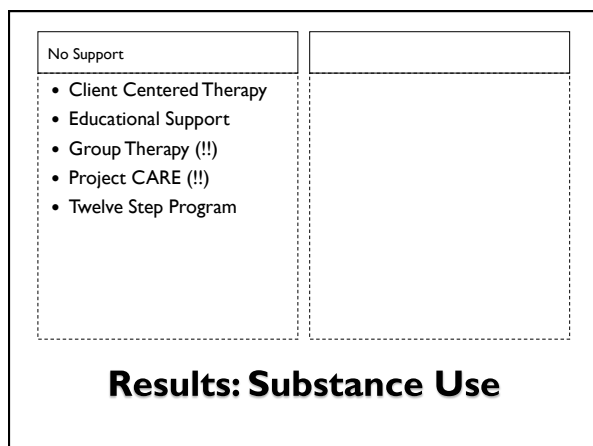
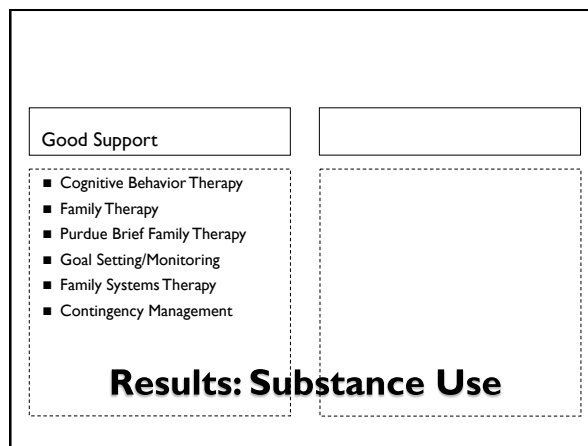
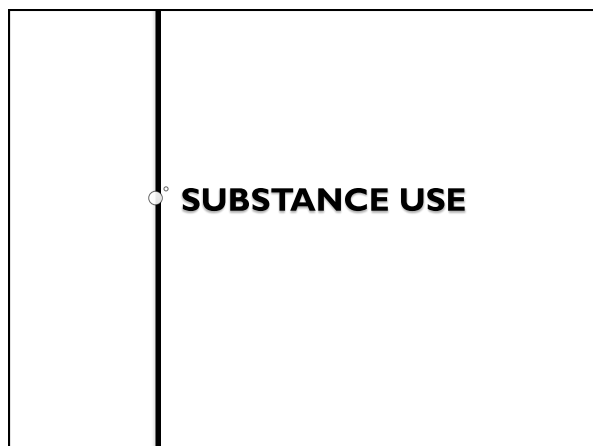
Good Support	Best Support
<ul style="list-style-type: none"> ■ CBT (39) ■ Exposure (31) ■ Modeling (9) ■ Education (3) 	<ul style="list-style-type: none"> ■ Cognitive Behavior Therapy and Meds (2) ■ Cognitive Behavior Therapy with Parents (2) ■ Relaxation (2) ■ Assertiveness Training (1) ■ CBT for Child and Parent (1) ■ Family Psychoeducation (1) ■ Hypnosis (1)
<p>Results: Anxiety</p>	

No Support	Poorly Tested
<ul style="list-style-type: none"> • Attention • Client Centered Therapy • EMDR • Relationship Counseling • Teacher Psychoeducation 	<ul style="list-style-type: none"> • CBT with Parents Only
Results: Anxiety	

	DISRUPTIVE BEHAVIOR
--	----------------------------

Best Support	Good Support
<ul style="list-style-type: none"> ■ Parent Management Training (42) ■ Multisystemic Therapy (9) ■ Social Skills (7) ■ Contingency Management (6) ■ Cognitive Behavior Therapy (4) ■ Assertiveness Training (3) 	<ul style="list-style-type: none"> • Problem Solving (8) • Communication Skills (5) • Relaxation (2) • Parent Management Training and Problem Solving (2) • Anger Control (2) • Multidimensional Treatment Foster Care (2) • Client Centered Therapy (1) • Rational Emotive Therapy (1) • Functional Family Therapy (1) • Transactional Analysis (1)
Results: Disruptive Behavior	

No Support	Poorly Tested
<ul style="list-style-type: none"> • CBT with Parents • Educational Support • Exposure • Family Systems Therapy • Group Therapy (!!) • Life Skills • Project CARE (!!) • Skill Development 	<ul style="list-style-type: none"> • CBT and Anger Control • Catharsis • Collaborative Problem • Solving • Family Empowerment • Psychodynamic Therapy • Self Verbalization
Results: Disruptive Behavior	



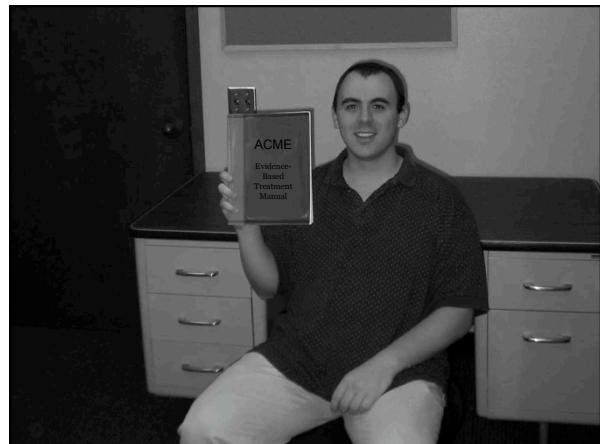
4th Edition: What's "Improved"

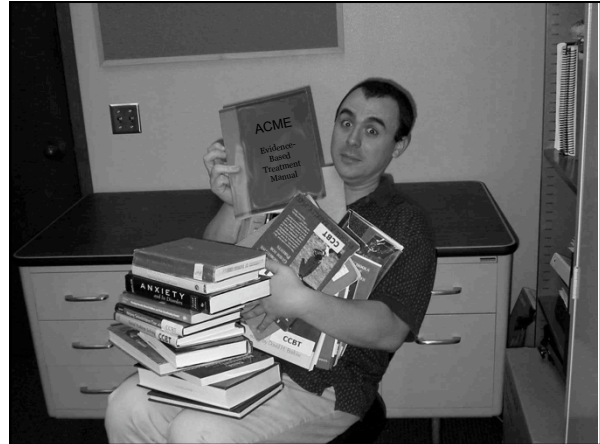
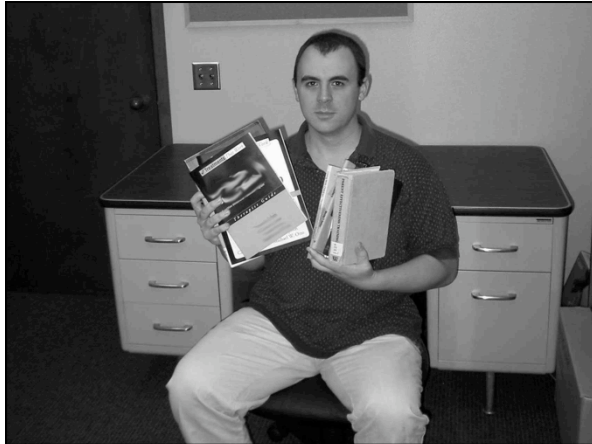
- Standard format
 - Across all problem areas, standard format
- Assessment suggestions
 - For each problem area, suggestions of specific measurement tools

New directions in the field

- Where can we go for 5th Edition (and beyond)?
- What are other directions the state could consider to help children and families with MH issues?

Traditional Approach to Evidence-Based Practice





“Dissemination as Usual”

- Assumes “replacement” approach
- Institutionalizes service programs
- Assumes an evidence base for all problems
- Assumes unlimited resources and learning capacity

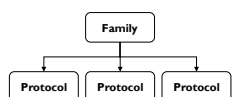
More Concerns

- Fixed content
- Too many options
- Fixed intensity
- Too few options
- Fixed length
- Expiration problem
- Single target approach

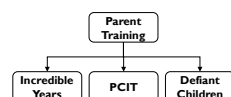
COMMON ELEMENTS APPROACH

**Building a Treatment
from High Quality Parts**

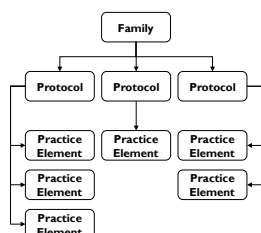
Is there a different level of analysis?



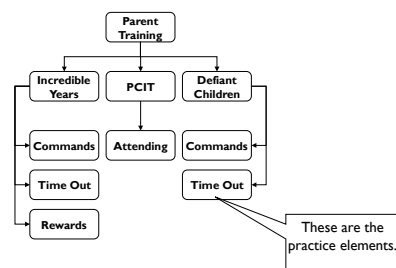
Is there a different level of analysis?



Is there a different level of analysis?



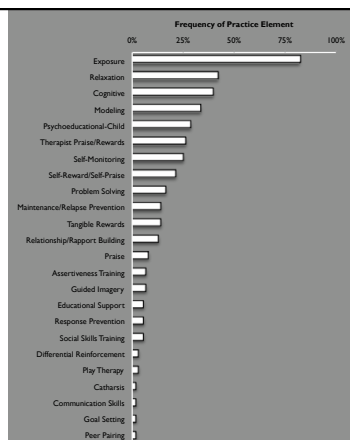
Is there a different level of analysis?

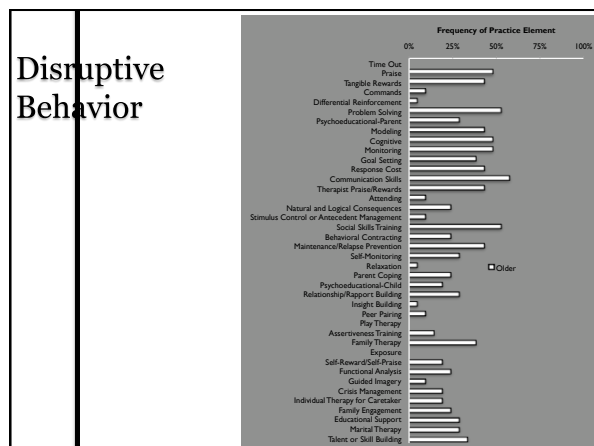
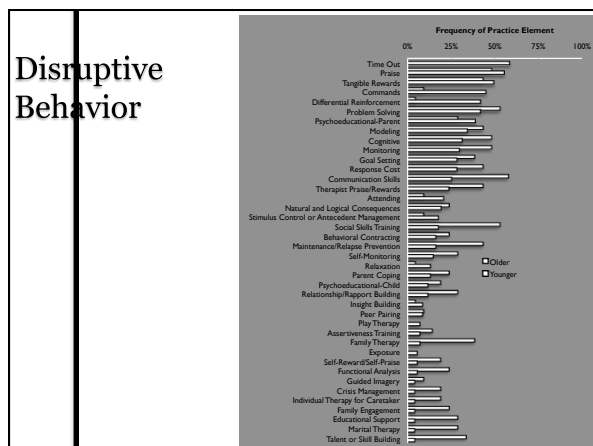


WHICH PRACTICE ELEMENTS SHOULD WE LEARN?

Among all the evidence-based treatments for a given problem, which are the most common?

Anxiety





5th Edition?

- Include practice elements focus?
 - Hawai'i already does this
 - California and Minnesota are adopting this approach
- Enhance resource options
 - Information on training in EBTs
 - Information on where consumers can locate providers who use EBTs

Questions?